

Mentone Little Athletics - Program 3

Round 14

4-Mar-2017



Under 6 - 8

Age Group			8:15 AM	8:30 AM	8:40 AM	8:50 AM	9:00 AM	9:10 AM	9:20 AM	9:30 AM	9:40 AM	9:50 AM	
Under 6	Boys - Stefan Nel (assistant Eden Pillay)	10	WARM UP	70m BS (3)	Shot Put 2	100m BS (2)	Shot Put 2	Long Jump 1					
	Girls - Jemima Hoult, Zoe C, Kisarna B	21		70m (3)	Shot Put 1	100m (BS 1)	Shot Put 1	Long Jump 2					
Under 7	Boys - Jane Carter, Rebecca Symons	15		70m BS (1)	Long Jump 1			200m	Shot Put 2 (1kg)				
	Girls - Sue Tobin, Daina K	15		70m (1)	Long Jump 2			200m	Shot Put 1 (1kg)				
Under 8	Boys - Dani Francis, Laura B, Alice J	24		70m BS (2)	Long Jump TJ1			400m	Discus 1 (500g)				
	Girls - Madeline Woods	23		70m (2)	Long Jump TJ2			400m	Discus 2 (500g)				

NOTES:
 Set-Up at 7.30 = **Under 7 Boys & Girls**
 Pack-Up = **Under 11 Boys & Girls**
 BS = Back Straight
 (#) = Track sequence for scheduling reasons

Under 9 - 16

Age Group			9:30 AM	9:40 AM	9:50 AM	10:00 AM	10:10 AM	10:20 AM	10:30 AM	10:40 AM	10:50 AM	11:00 AM	11:10 AM	11:20 PM	11:30 AM	11:40 AM	11:50 PM	12:00 PM
Under 9	Boys - Kevin Lowden	26	Warm Up	700m Walk (1)	Long Jump (TJ2)		100m BS (4)	Long Jump (TJ2)			200m (7)	Discus 2						
	Girls - Tina Towler	16		700m Walk (1)	Discus 2	100m (4)	Discus 2		200m (6)	Long Jump (TJ2)								
Under 10	Boys - Steve Convy	11		1100m Walk (2)	100m BS (2)	High Jump 2				200m (5)	Shot Put 2							
	Girls - Roger Winders	20		1100m Walk (2)	100m BS (1)	Shot Put 2				200m (8)	High Jump 2							
Under 11	Boys - Martin Walker	19		1100m Walk (2)	Long Jump 2			200m (1)	Javelin				800m	PACK UP ARENA (ensure that throw events are completed)				
	Girls - Kali Everitt, Ella Collis	22		1100m Walk (2)	Long Jump 1				200m (4)	Javelin			800m					
Under 12	Boys - Jemima Hoult	18		1500m Walk (3)	High Jump 1				200m (3)	Shot Put 1						800m		
	Girls - Tim Leonard	13		1500m Walk (3)	Shot Put 1			200m (2)	High Jump 1						800m			
Under 13	Boys - Thomas Mogensen, Rod Ockerby	11		1500m Walk (3)	100m (1)	Discus 1				Triple Jump 1		400m	Triple Jump 1					
	Girls - Katie Ryan	10		1500m Walk (3)	Triple Jump 1		100m BS (3)	Triple Jump 1			Discus 1		400m	Discus 1				
Under 14	Boys - Glenda Smith, Maree Grech	7		1500m Walk (4)	Javelin		100m (5)	Long Jump 2				400m						
	Girls - Alex Woods	15		1500m Walk (4)		100m (2)	Javelin			Long Jump 1		400m	Long Jump 1					
Under 15-16	Boys - Glenda Smith, Maree Grech	7		1500m Walk (4)	Javelin		100m (5)	Long Jump 2				400m						
	Girls - Megan Rosenbrock	12		1500m Walk (4)		100m (3)	Javelin			Long Jump 1		400m	Long Jump 1					

HURDLE HEIGHTS, MARKINGS AND FLIGHTS

Distance	Age Group	Height	Markings	Flights
60m	U8, U9	45cm	Orange	6 Flights
	U10, U11	60cm	Orange	6 Flights
	U12	68cm	Orange	6 Flights
80m	U13, U14G	76cm	Black	9 Flights
90m	U14B, U15G, U16G	76cm	White	9 Flights
100m	U15B, U16B	76cm	Yellow	10 Flights
200m	U13	68cm	Green	5 Flights
200m	U14	76cm	Green	5 Flights
300m	U15-U16	76cm	Green	7 Flights

Shot Put Weights

Age	Boys	Girls
U6, U7	1kg	
U8	1.5 kg	
U9, U10, U11	2kg	2kg
U12	3kg	2kg
U13, U14	3kg	3kg
U15	4kg	3kg
U16	4kg	3kg

Discus Weights

Age	Boys	Girls
U6, U7	350g	
U8, U9, U10	500g	
U11, U12	750g	
U13	1kg	750g
U14, U15, U16	1kg	

Javelin

Age	Boys	Girls
U10	Turbo	
U11 - U12	400g Red	
U13 - U14	600g Yellow	400g Red
U15	600g Yellow	500g White
U16	700g Blue	500g White

LJ / TJ

Age	Mat/Board Size
U6-U8	1.22m x 1.0m
U9 - U10	1.22m x 0.5m
U11 - U16	1.22m x 0.2m

	THROWS						JUMPS					
	Discus 1	Discus 2	SP 1	SP 2	SP 3	Javelin	LJ 1	LJ 2	TJ 1	TJ 2	HJ 1	HJ 2
10:00	13 Boys	9 Girls	12 Boys	12 Girls	not required	14/15/16 Boys	11 Girls	11 Boys	13 Girls	9 Boys for Long Jump	10 Boys	10 Girls
10:30				14/15/16 Girls								
10:40												
11:00	13 Girls	9 Boys	10 Boys	10 Girls	not required	11 Girls	14 Girls	14/15/16 Boys	13 Boys	9 Girls for Long Jump	12 Girls	12 Boys
11:10												
11:20												
11:30					11 Boys	15/16 Girls						
11:50												

Back Straight			Circular Track		
	100m			200m	
10:00	1	10 Girls	10:30	1	11 Boys
	2	10 Boys		2	12 Girls
	3	13 Girls	10:40	3	12 Boys
	4	9 Boys		4	11 Girls
			10:50	5	10 Boys
				6	9 Girls
			11:00	7	9 Boys
				8	10 Girls
Front Straight					
	100m			400m	
10:00	1	13 Boys	11:30	Age group order will be flexible - based on arrival at start line	
	2	14 Girls			
	3	15/16 Girls			
	4	9 Girls			
	5	14/15/16 Boys			
				800m	
			12:00	Age group order will be flexible - based on arrival at start line	

Club policy for competing out of age group and/or programmed event is outlined on page 12 of the 2016-17 season handbook

Note to Track Marshalls and Starters

- All Athletes will compete in their respective age groups as stipulated on the program for the day.
- The Arena Manager has the discretion to combine age groups as per club policy outlined on page 12 of the 2016-17 handbook.

Note to Team Managers

- Requests for an athlete to compete outside of their age group or in a non-programmed event to be made by the Team Manager to the Arena Co-ordinator prior to commencement of the session.
- There are no guarantees to requests made.
- Points, PBs and records will not count in these circumstances although the athlete will be recorded as having competed.

Note to Finish line and IT/Records Manager

- As per club policy, Arena Co-ordinator will provide prior notification of athletes competing outside of the age group or in a non-programmed event. Points, PBs and records will not count in these circumstances although the athlete will be recorded as having competed.
- Races may be combined as per program and on the day at the discretion of the Arena Co-ordinator (as circumstances require). Results will count towards points, PBs and records.